

# COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730

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## Simply Migraine and Headache Relief:

### An Alternative Approach

Alternative and complimentary treatments have become popular within the United States. Research into migraine and headache relief show many reported success stories without the use of medications. The methods and recommendations herein are not new – nor have they been developed by this author. Rather they have been extrapolated and tested from Reiki, QiGong, Tui Na, G-Jo, Myotherapy, Meditation, Trigger Point Therapy, Tapping, and Pressure Point Therapy. *Free Demo Classes to be offered: Monday March 7, 1PM and Monday March 14, 7PM.* Space is limited, so sign up early! Clinics will be offered Monday March 21, 1-3PM and Monday March 28, 6:30-8:30PM. Set appointments up with Bob Doherty, 617-283-7500, please leave a message with your contact information and Bob will return calls within 48-hours.



David Polansky Presents: Erin Go Bragh

Songs from and about Ireland

Thursday, March 16<sup>th</sup> at 12:45 PM

These songs will steal your heart away; favorites that take you back a hundred years or more! Many are sing-alongs that have become part of the great American Song book. Among the selections: McNamara's Band, When Irish Eyes are Smiling, How Are Things in Glocca Morra, I'll Take You Home Again, Kathleen, Danny Boy, Molly Malone, Let Me Call You Sweetheart, It's a Long Way to Tipperary, Peg O' My Heart, My Wild Irish Rose.



### Expanded Council on Aging Hours:

Monday:	8-4, 6-9
Tuesday:	8-4, 6-9
Wednesday:	8-4, 6-9
Thursday:	8-4
Friday:	8-4
Saturday:	11-4



### Veterans' Coffee



**Wednesday, March 16 at 10:00 AM**

Join Tom Moran, Veteran Liaison with Compassionate Care Hospice, to have coffee and to converse about years in the service. Tom was in the Army branch and was in The National Guard for 13 1/2 years. All are welcome. Please call to RSVP 781-275-6825.

## Looking for Green Thumbed Seniors to Help Plan the COA Community Garden Project!

Calling all gardeners with an interest in planning, planting, nurturing, watering and weeding. This year the COA is planning a small Community Garden outside with hopes to grow fresh produce in collaboration with Healthy Bedford. The garden will provide healthy foods for those involved and alternative choices for the COA to offer. Any surplus will be donated to the food pantry. The garden will provide an educational, recreational and helpful program for all involved. Please sign up to attend the first planning meeting April 22 at 11:00AM!



## FREE Tax Assistance

The Council on Aging will again be offering FREE income tax preparation beginning February 8th and will accept appointments until April 8th. Volunteers certified under the AARP Tax Aide Program will prepare your simple Federal and Massachusetts personal income tax returns or answer your tax questions. This free service can answer most of the tax issues faced by low and middle income taxpayers with special attention to those over age 60. Call the COA at (781) 275-6825 to schedule a confidential appointment. Saturday appointments are also available by calling the Bedford Public Library at 781-275-9440.

## Exploring Hawaii

**Wednesday, March 9 at 1PM**

Join Ron & Carol Reynolds as we visit the five largest islands of Hawaii: Hawai'i, Maui, Moloka'i, Kaua'i, and O'ahu. This travelogue program explores the natural beauty, the history, and the culture of Hawaii. We will visit two national parks and several national historical parks and wildlife refuges.



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## ✿ JUST FOR FUN ✿



### Happy Birthday to YOU!

Join us at the Council on Aging for YOUR birthday! Each month, Vicky honors every senior who has a birthday that month. Join us for cake on **Saturday, March 5** if your special day is in March!

### Breakfast and BINGO

**Tuesday, March 15 at 9:30 AM**

Brightview is back at the COA! Come play for a chance to win some GREAT prizes! Breakfast and prizes will be provided by Brightview Concord River. Please sign up by calling (781) 275-6825.



### Name That Tune!

Becoming a monthly favorite at the Council on Aging, Karen from Concord Health Care, will be back to present an afternoon of music and fun on **Monday March 21 at 12:30 PM**. Enjoy a snack while you try to recognize some of these old favorites! Please sign up in advance by calling (781) 275-6825.

### Bedford Senior Pool Spring 2016

DAY	DATE	TEAM PLAYED
Friday	3/4/16	Arlington
Thursday	3/10/16	@Cambridge
Friday	3/18/16	Newton
Thursday	3/24/16	@Lexington
Friday	4/1/16	Waltham



### Learn To Play Pool From the Best in Bedford

Come to the COA on **Tuesdays in March at 1:00PM** for a beginners Pool Clinic. Learn to play in a fun, safe, supportive setting with Senior Olympic Medal Winner, Richard Fryer and Organizer, Lew Putney. They will teach you the basics to get started and you will be playing with skill and confidence in no time. Pool cues available at the COA or bring your own! Both male and female players welcome. Please sign up at the COA.



### Have Lunch at the Bedford Café!



A delicious meal, catered by Carleton-Willard and sponsored by Minuteman Senior Services, is served at 11:45 AM on Mondays, Wednesdays, and Fridays. Menus are available at the COA. **Reservations are required** even if you have established a regular schedule. To sign up, call **Lisa at 781-275-8542** at least two days ahead. **Limit of 40 per day so sign up early to ensure your space!** Suggested donation: \$3.



### Adult Coloring

*For Therapy ...or Just for Fun!*

**Friday March 18<sup>th</sup> at 12:30pm**

Come and join our volunteer, Louise St. Germain for this therapeutic (just for fun) adult coloring session. Recently adults have rediscovered this most universal childhood activity and many are finding it therapeutic and relaxing! Come and be a kid again with your peers and embrace the new craze. Not only will we create unique art on printed sheets, but also build up those fine motor muscles and be able to do more with our hands. Pre-printed pages will be provided along with coloring pencils. Use ours or bring your own! Come and relax with us!



### Do you like playing RISK or Chess?

The COA will be hosting groups in the near future. Please contact the COA to let us know you are interested and when you would like to meet!



### WIZARD MUSIC:

**Friday, March 11 at 12:30pm**

John Kienze from Wizard Music will provide Irish melodies on keyboard for your entertainment! Come in for lunch, relax and enjoy John's music!



### Nom de Plume Writing Group

*Tuesday March 1 & 15 at 1:00PM*

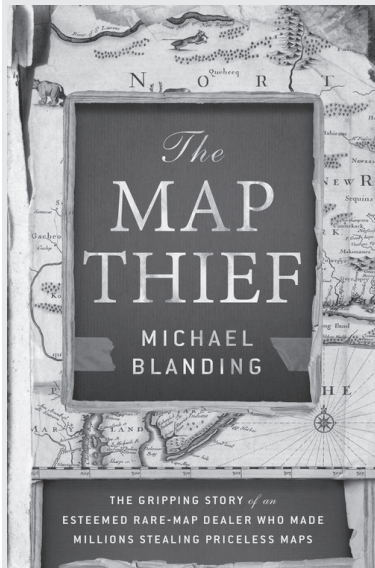
Have you ever thought you might like to try your hand at writing? Perhaps leave stories for your children or grandchildren ...or just to see if you can put a poem on paper! If so, come join us at the Nom de Plume Writing group on the first and third Tuesday of the month from 1-3 PM. We are a friendly, fun and non-threatening group of people. All you need is the willingness to try, a note book and a pen! Who knows it might just open up your world anew?

### Volunteers Needed!

We are seeking volunteers to help serve lunch at the Bedford Café on Mondays, Wednesdays, and Fridays. For more information, please call Lisa at 781-275-8542. Meals on Wheels drivers are also needed. To volunteer as a driver, please call Diane at 781-221-7093.







## Library Book Discussion: Tuesday, March 22 at 1:00 PM

The Map Thief: The Gripping Story of an Esteemed Rare-Map Dealer Who Made Millions Stealing Priceless Maps by Michael Blanding, includes the results of an exclusive interview with Smiley before he went quiet, as well as the other individuals involved; from the dealers he worked with to the librarians affected by Smiley's theft. Blanding expertly reports a tale of personal destruction and redemption played out against the dog-eat-dog world of a secretive subculture. The Map Thief delves into the untold history of this fascinating high-stakes criminal, interweaving it with the stories of the explorers and mapmakers he knew better than anyone, and the inside story of the industry that consumed him. Moreover, though Smiley swears he has admitted to all of the maps he stole, the libraries he victimized have uncovered over a hundred more they accuse him of taking—along with some intriguing clues to prove it. While uncovering the roots of Smiley's crimes, The Map Thief follows those clues in an effort to determine the truth and divulge the implications of Smiley's crimes on dealers, libraries, collectors, and map lovers alike.



## SCIENCE & TECHNOLOGY CLUB All are welcome!

We will be continuing our series, *How the Universe Works*, Season 2. Please join us on **Monday, March 7 at 10AM** for episode 2, *The Winds of Creation*. *On Earth, violent and destructive storms create new opportunities for life. In our quest to discover if we are alone in the universe, we shouldn't just look for worlds, we should look for weather. Find chaotic weather and maybe we will find alien life.*

We will also be meeting on **Monday, March 21 at 10 AM** for episode 3, *Planets from Hell*. *Over the last twenty years we have discovered an extraordinary zoo of planetary nightmares outside our own solar system, all of them truly wild worlds, a collection of monsters. Now we must face the question: Is every planet out there a planet from hell?*

This group is a general interest group...No need to feel intimidated. If you have an interest in science, we would love you to join us!

## Engaging in Climate Justice Events

Come to a presentation on **Monday, March 28<sup>th</sup> at 1:00 PM** to learn about The Climate Justice Group at First Parish in Bedford. The group has moved beyond feeling overwhelmed and hopeless regarding climate change. They have realized the seriousness of climate change and have organized. They are now taking action! This group has attended rallies, marches and other events in solidarity with other communities in MA. They are greatly concerned about the continued expansion of fossil fuel infrastructure (especially when the MA Attorney General has deemed it unnecessary). They are advocating for renewable energy infrastructure and more citizen involvement in planning for our future energy needs. Come learn about "solar caps", the West Roxbury (methane gas) Lateral Pipeline and numerous gas leaks here in Bedford. Discover what actions are taking place here in Massachusetts and how you could become involved in the climate justice movement.



## Friends of the Bedford Council on Aging Next Meeting: Tuesday, March 8 at 1:00 PM

If you would like to be reminded when it is time to renew your dues, please email Barbara Purchia: [bsrpurchia@aol.com](mailto:bsrpurchia@aol.com) with FBCOA in the subject line.

**The BJ's Membership number has changed. Please renew your FBCOA card to receive the updated account number!**

The Friends of the Bedford Council on Aging is an independent non-profit organization that supports the Bedford COA, a municipal agency. Your taxes support the COA; donations and dues support the FBCOA.

## Wear Your Green for our March Party!

Come and join in the fun at the St. Patrick's Party! The FBCOA will celebrate at the Council on



Aging with food, fun, and games! Join us right after the meeting on Tuesday, March 8<sup>th</sup> at 1:00 pm.



# Fitness News



## MORNING EXERCISE CLASSES

(Taught by Andrea, Sharon & Sophia)

5 classes per week for \$50/month - only \$2.30 per class!

3 classes per week for \$45/month - only \$3.20 per class!

2 classes per week for \$35/month - only \$3.89 per class!

1 class per week for \$20/month - only \$4.62 per class!

### How are the classes different you ask?

\*Mondays' classes (9:00 AM) are taught by Andrea Dollett, a long-time instructor here at the Bedford Council on Aging. Her class is our most intense class of the week, with an optional 30 minute Pilates class following an hour of aerobics and weights.

\*Bedford Local Sharon Cummings teaches on Wednesdays (9:00 AM) and Fridays (9:00 AM). These classes are a combination of aerobic exercise and strengthening, stretching and balance work. These two days are our middle level classes.

\*Tuesday (9:30 AM) and Thursday (10:00 AM) are taught by Sophia Halilova, also a long-time instructor at the COA. Her class focuses more on joint strengthening, stretching and balance. These classes are our lowest impact morning exercise.

**Come join us!**  
**Your body will thank you!**

**Drop in rate for the above classes is \$5 /day**



### OsteoFitness: Building Bones Building Bonds!

Beverly J. Ikier, a senior fitness specialist and educator, has partnered with the Bedford Council on Aging to teach alternate approaches to combating various health issues. OsteoFitness™ for Osteoporosis and Osteoarthritis is more than just strengthening.

This is an evidence based program to build bone. The class boasts of many members who have reversed their osteopenia/osteoporosis without bisphosphonates. Falls prevention is developed. OsteoFitness™ classes are held on Tuesdays and Fridays at 11:00 AM at the COA.

\$168 per 20-class session. Please visit the COA or call to register at (781) 275-6825. **Current session ends 3/29.**

**Next session dates: 4/1-6/7**

## WELLNESS FOR YOUR MIND, BODY, AND SPIRIT

**CHAIR EXERCISE:** Working from the safety and comfort of either a chair or exercise ball—workout for the entire body—this class uses multiple strength training moves to develop range of motion; flexibility; endurance; and balance. Weights, straps, and bands will be used. We will work our core, arms and legs. **\$65** per 8 week session (Wednesdays at 12:30 PM w/Madeline)

**CHAIR YOGA:** A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Includes 30-minutes of meditation at the end. Mondays at 9:30 w/Lorraine or Fridays at **10:00** w/Helen; **\$65** per 8 week session \*Take both for just \$120!

**FLOOR YOGA:** This form of yoga is practiced using a mat on the floor. Includes 30-minutes of meditation at the end. Mondays at 11:15 or Thursdays at 9:15 w/Lorraine; **\$65** per 8 week session \*Take both for just \$120!

**TAI CHI:** Tai Chi (pronounced "Tie Chee") is a mind-body exercise from China and has its roots in martial arts. Because of its soft, gentle movements and deep breathing it is sometimes called "Moving Meditation". Thursdays at 1:00 taught by instructors from the Oriental Healing Arts Association. **\$65** per 8 week session.

**ZUMBA GOLD:** Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination; **\$65** per 8 week session. Tuesdays at 4:00 PM w/Vera.

**Drop in rate for the above classes is  
\$10 per day**

### Tap Dancing

Join the talented Chuck Frates for his popular Tap Dancing class on Tuesdays at 11:00 AM.

This session will run for 8 weeks and the cost is \$65.00. Payment is due upon sign up and checks should be made payable to the Town of Bedford. No previous experience is required. Don't forget your tap shoes! **Session runs March 1– April 19.**



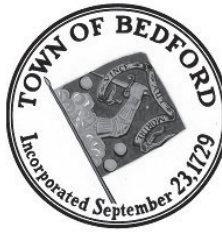
**Pre-registration is required for all classes. Please let us know if you have any questions.**



# News from Town Hall

## Bedford Tax Relief Information

Applications may be submitted until the end of March for a number of tax relief programs available to Bedford residents who are seniors, blind and veterans. One that not widely used is perhaps the most accessible – a full exemption on the Community Preservation Act fees that appear on your tax bill. Board of Assessor member, Bruce Murphy, and Alan Ferguson, Associate Assessor, will discuss these programs and answer questions about the property assessment process at the COA on **Monday, March 14th at 12:45 PM**, giving you time to complete and submit any applications before the deadline.



## What's Going On Around Town?

with Chris Laskey, Code Enforcement Director

If you have questions or want to know what is going on around town with buildings, construction or new stores coming to town, Chris Laskey will be back at the Council on Aging on Wednesday, March 23 at 12:30 PM to give you the inside scoop! Chris will share this firsthand knowledge of current and future developments around Bedford. If you missed this presentation last quarter, you won't want to miss it again!

# Evenings at the COA

## Food & Friends!

Come enjoy some Chinese food with old and new friends alike! We will have dinner together on Wednesday, March 23 at 6:30 PM. Stop in and relax with good conversation! Sign up is required and there is a \$5.00 fee for this event.



## Machu Picchu & Peru

Experience Peru's diverse and rich cultural past! Take a photographic journey with Hal Ward as your guide right here at the COA on **Wednesday, March 30 at 6:45PM**. Among other exciting sites, see the ancient grandeur of Machu Picchu. Join us on this picturesque tour!



## COA CINEMA 6:45 PM

**March 2** *Ricki and the Flash* (2015) PG-13 Abandoning her family to chase -- and ultimately attain -- her dream of rock stardom, guitarist Ricki Rendazzo returns years later to try to mend fences. Unfortunately, her estranged sons and daughter want little to do with her ... at first.

**March 16** *Short Term 12* (2013) R Grace, a compassionate young supervisor at a foster care facility, works with her boyfriend and colleague, Mason, to help at-risk teens. But when a new charge dredges up memories of her own troubled past, Grace's tough exterior begins eroding.

## PICKLEBALL - NEW & POPULAR!!

What is Pickleball? It's a fun sport that combines many elements of tennis, badminton and ping-pong. It is played with a paddle and plastic ball on a badminton-sized court and slightly modified tennis net. Check out [www.usapa.org](http://www.usapa.org) for detailed information. Some paddles will be available on a first-come basis. Free!


Fridays in March at 6:00-7:30pm. Lane School Gym.

Pickleball is very popular for seniors in surrounding towns. The COA is able to provide instruction as this program grows in popularity in Bedford. This program is presented in collaboration with Bedford Recreation.



## Beginner's Folk & Line Dance!

Have you ever wanted to try line dancing but didn't think you could do it? Join Jim at the Council on Aging Café on Mondays *exactly* at 7:00 PM with your 'two left feet' for folk & line dance lessons. We'll teach you from the first step! Soft-soled shoes preferable. Jim Banks is offering these classes free of charge! Please join us!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 Fix It Shop 9:30 Exercise 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 Writing Group/ <b>SHINE</b> <b>Learn to Play Pool</b> 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again/ <b>Great Books</b>	9:00 Exercise/ Fix It Shop 10:00 Computer Club/ Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch 6:45 Movie: <i>Ricki &amp; the Flash</i>	9:00 Muscle Care 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise 11:00 Duplicate Bridge/ Dog Bones 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise <b>10:00 Chair Yoga</b> 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 1:00 Scrabble/ Line Dancing/ <b>Pool Team vs Arlington</b> <b>6:00 Pickleball</b>	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool <b>Monthly Birthday</b> 1:15 Movie: <i>Testament of Youth</i>
9:00 Exercise 9:30 Chair Yoga 10:00 Science & Tech 11:15 Floor Yoga 11:45 Lunch 1:00 Poker/ <b>Headache Relief</b> 3:00 Handcrafts 6:30 Sit & Stitch 7:00 Folk & Line Dance	9:00 Fix It Shop 9:30 Exercise 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 <b>FBCOA/</b> <b>Learn to Play Pool</b> 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again	9:00 Exercise/ Fix It Shop 10:00 Genealogy/ Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 <b>Hawaii</b> 6:30 Sit 'n Stitch/ Learn to Stitch	9:00 Muscle Care 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise 11:00 Dog Bones 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	<b>Podiatry</b> 9:00 Exercise <b>10:00 Chair Yoga</b> 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 1:00 Scrabble/ <b>Nurse's Hours/</b> Line Dancing/ <b>Wizard Music</b> <b>6:00 Pickleball</b>	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Everest</i>
9:00 Exercise 9:30 Chair Yoga 10:00 <b>BINGO</b> 11:15 Floor Yoga 11:45 Lunch 12:45 <b>Tax Relief</b> 1:00 Poker/ <b>Ken Gordon</b> 3:00 Handcrafts 6:30 Sit & Stitch 7:00 Folk & Line Dance/ <b>Headache Relief</b>	9:00 Fix It Shop/ <b>SHINE</b> 9:30 Exercise/ <b>Breakfast &amp; BINGO</b> <b>10:30 Medication</b> <b>Safety</b> 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 Writing Group/ <b>Learn to Play Pool</b> 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again	9:00 Exercise/ Fix It Shop 10:00 <b>Vets Coffee/</b> Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise/ <b>Dale Tamburro</b> 12:45 <b>David Polansky</b> 6:30 Sit 'n Stitch/ Learn to Stitch 6:45 Movie: <i>Short Term 12</i>	9:00 Muscle Care 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise/ <b>Hearing/ Art Class</b> 11:00 Duplicate Bridge/ Dog Bones 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise <b>10:00 Chair Yoga</b> 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 12:30 <b>Adult Coloring/</b> <b>Healthier Living</b> 1:00 Scrabble/ Line Dancing/ <b>Pool Team vs Newton</b> <b>6:00 Pickleball</b>	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>The Intern</i>
9:00 Exercise 9:30 Chair Yoga 10:00 Science & Tech 11:15 Floor Yoga 11:45 Lunch 12:30 <b>Name That Tune</b> 1:00 Poker/ <b>Headache Clinic</b> 3:00 Handcrafts 6:30 Sit & Stitch/ 7:00 Folk & Line Dance	<b>Cyrus Dallin Art Museum</b> 9:00 Fix It Shop/ 9:30 Exercise 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 <b>Book Discussion/</b> <b>Learn to Play Pool</b> 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again	9:00 Exercise/ Fix It Shop/ <b>SHINE</b> 10:00 Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 12:45 <b>Chris Laskey</b> 6:30 Sit 'n Stitch/ Learn to Stitch <b>Chinese Food</b>	9:00 <b>Fire Safety</b> <b>Breakfast/</b> Muscle Care 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise/ <b>Art Class</b> 11:00 Dog Bones 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise <b>10:00 Chair Yoga</b> 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 1:00 Scrabble/ Line Dancing <b>6:00 Pickleball</b>	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Bridge of Spies</i>
9:00 Exercise 9:30 Chair Yoga 11:15 Floor Yoga 11:45 Lunch 1:00 Poker/ <b>Nurse's Hours/</b> <b>Climate Justice</b> 3:00 Handcrafts 6:30 Sit & Stitch/ 7:00 Folk & Line Dance/ <b>Headache Clinic</b>	9:00 Fix It Shop/ <b>SHINE</b> 9:30 Exercise 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 <b>Learn to Play Pool</b> 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again/ <b>Great Books</b>	9:00 Exercise/ Fix It Shop 10:00 Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 12:45 <b>Bedford N.A. History</b> 6:30 Sit 'n Stitch/ Learn to Stitch 6:45 <b>Peru Travelogue</b>	9:00 Muscle Care 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise/ <b>Art Class</b> 11:00 Dog Bones 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	<div>  <p>The Patriotic Pam</p> </div>	



For Advertising  
Information, call  
**LISA TEMPLETON**  
at LPi today!

1 (800) 888.4574 ext. 3450  
ltempleton@4LPi.com

THIS SPACE IS  
**AVAILABLE**

## Don't Forget These Ongoing Activities

**Bingo!** All are welcome on Monday, March 14 at 10:00 AM for a chance to win token gifts.

**Songfest** Wednesdays at 10:30! All are welcome to join this fun and spirited group!

**Play Scrabble!** Do you love to play Scrabble? Then come to the COA Fridays at 1:00 to play!

**Texas Hold 'Em Poker!** Join the game each Monday at 1!

**Handcraft Group** Bring your own handcraft projects and chat on Mondays at 3:00! New members always welcome!

**Play Mah Jongg!** Wednesdays at 11:00, Fridays at 11:30. All are welcome! Lessons available!

**Play Duplicate Bridge!** Please call ahead to put your name in for substituting. (Tuesdays & Thursdays at 11:00)

**Science & Tech Club** Join us Mondays, March 7 & 21 at 10:00 AM for this exciting conversation!

**Talk to Your State Rep** Ken Gordon will be here to talk with you about state issues on Monday, March 14 at 1:00 PM.

**Are You A Federal Retiree?** Rosemary Dyer is available to answer questions about your benefits. Please call the COA to arrange a meeting.

**Current Events** This volunteer-lead discussion keeps the topics interesting each week! The group meets on Thursdays at 1:00. All are welcome!

**Genealogy** Explore your family tree on Wednesday, March 9 at 10:00 AM

**Nom de Plume Writers Group** meets the first and third Tuesdays of every month at 1 PM. Do an exercise, share your work, and get feedback! New members are always welcome!

**Single Again** Are you finding yourself single again as an adult 55 or older? Please join us every Tuesday evening at 7:30 for an informal discussion group.

**Line Dancing with Katrina** Fridays at 1 PM. The class costs \$3 (paid to instructor).

**Discover Tap Dance!** Chuck will have you tapping on Tuesdays at 11:00! Each 8-week session is only \$65. Don't forget your tap shoes!

**Bedford-Lexington Great Books** Meets in the Flint Room at 7:30 PM on March 1. **Ancient Greek poets:** selections from Sappho, Anacreon, Archilochus, Alcman, Alcaeus, and Simonides. Copies to be distributed in advance of meeting. (snow date 3/8) Also on March 29. **Baldwin, James, *The Fire Next Time***, essays, Vintage 978-06797-44721. [bed-lexgreatbooks@comcast.net](mailto:bed-lexgreatbooks@comcast.net) \*Newcomers are always welcome!\*

**Learn to Stitch!** Join the crafters on Wednesdays at 6:30 PM.

## Saturday Movies begin at 1:15 PM

**March 5 *Testament of Youth* (2015) PG-13** In this adaptation of her World War I memoir, smart and ambitious Vera Brittain breaks free of her conservative home life to attend Oxford University, but news of war soon brings her studies and a blossoming romance to a halt

**March 12 *Everest* (2015) PG-13** Based on a true-life tale of death and survival on the world's tallest mountain, this epic adventure tracks the fate of two climbing parties that become trapped when a savage snowstorm engulfs the summit of Mount Everest.

**March 19 *The Intern* (2015) PG-13** Agreeing to participate in a community outreach program, e-commerce entrepreneur Jules Ostin hires a 70-year-old intern -- who ends up bringing his special brand of business savvy to her fashion enterprise.

**March 26 *Bridge of Spies* (2015) PG-13** At the height of the Cold War in 1960, the downing of an American spy plane and the pilot's subsequent capture by the Soviets draws Brooklyn attorney James Donovan into the middle of an intense effort to secure the aviator's release.

**Thanks to the FBCOA for our funding!**

## Trips! Trips! Trips!



**Cyrus Dallin Art  
Museum Tour ~ \$40 ea.**

**Tuesday, March 22, 9:30-2:00**

We live in a cultural mecca... Our town and surrounding areas are filled with history and beauty!

Arlington is home to the Cyrus Dallin Art Museum. Dallin was a sculptor who designed the Paul Revere statue at the Old North Church (Boston) and *Appeal to the Great Spirit* among many notable others! Join us on a visit to this local museum. We will also enjoy lunch at Not Your Average Joe's in Arlington. Meal choices are available upon sign up. To end our day we will stop at the five and ten on Mass Ave in Arlington. There is something there for everyone!

**Sign up today!**

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## For Your Health





### Nurse's Hours

On **Friday, March 11** & **Monday, March 28**, Community Health Nurse, Joyce Cheng will be at the COA at 1:00 PM to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a "first come, first served" basis.

### Podiatry

Dr. Bryant Tarr will be at the COA from 8 -11 AM on **Friday, March 11**. Please call to let us know you are coming. This is a "first come, first served" clinic.

 The cost is  \$30 for each treatment.



### Free Hearing Clinic

*Apex Hearing Care, LLC Custom Fit and Service Hearing Aids*  
Owner, Joseph J. Sarofeen, is offering free hearing screenings and checks on existing hearing aids and instruments. Appointments are available on **Thursday, March 17** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

### SHINE

(Serving the Health Insurance Needs of Everyone)  
Counselors from Minuteman Senior Services will be available:

Tuesday March 1, 1-3;  
Tuesday March 15, 9-12;  
Wednesday March 23, 9-12;  
and Tuesday March 29, 9-12.

Please call to make an appointment! If you cannot leave your home, they will call you.



### Healthier Living



Do you mindlessly eat a whole bag of potato chips or cookies while you are reading, watching TV or working on the computer? Do you have chronic joint inflammation or migraines? These and other issues will be discussed on **Friday, March 18 at 12:30PM** with Sigal Bar-Gill. Sigal is a holistic health counselor and wellness coach in the area. Come learn how to empower yourself and lead a healthier life! Please sign up so we know how many will attend!



### Are You Taking Your Medication Safely?

Are you on any medication to manage your health? Are you simply taking over the counter medications from time to time? Or are you taking variety of supplements and vitamins? It's important to manage your medication intake to get the most benefit from them and stay safe during the process. Joyce Cheng, the Community Health Nurse will hold a session on medication safety on **Tuesday, March 15 at 10:30 AM** to discuss tips on managing your daily medications. Free pill boxes will be given away to attendees. Bring a list of all medications that you are taking to the discussion. You can also bring your unwanted medication for proper disposal.



### Muscle Care Clinic With Wayne Durante, LMT

**\$10 for 10 minutes**  
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**Please call the COA for**  
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### Prescription Drug Costs too High?

Look into the **Extra Help** program from the Social Security Administration! You may be eligible to apply for **Extra Help** in meeting prescription drug costs... and you can be a homeowner and still potentially qualify for this program. Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An **Extra Help** application can be completed anytime during the year. If you want assistance or want to apply, contact the SHINE program at your COA. Social Security contact information: **1-800-772-1213** or apply online at [www.socialsecurity.gov/extrahelp](http://www.socialsecurity.gov/extrahelp).



### Take a Hike! - Thursdays at 10:00 AM

The Community Of Active folks (aka the COA) has a very active hiking group! This month, we will continue explore the conservation trails in Bedford, Carlisle, Concord, Lexington and Lincoln. The walks will start at 10:00AM, take 2 hours and will cover 4 to 6 miles. The walks are lead by Susan Grieb who is a long time Appalachian Mountain Club trip leader. If interested in any of the following hikes you can sign up with the Bedford COA or directly with Susan Grieb at [slgrieb@comcast.net](mailto:slgrieb@comcast.net). Susan will send out an email each week to let you know the plan for that week.



## What You Need to Know

### Calling All Math Lovers!

Math Volunteers Needed at Bedford High School for 'Math Assistance Center' (Math Lab) Bedford High School is working to establish a drop in Math Assistance Center (MAC) to support students, and is putting out a call for volunteers. The Math department is looking for volunteers who are fluent in high school math--areas of need include: algebra, geometry, calculus, and trigonometry. If you are comfortable with one or more of these topics, please consider becoming a volunteer. The ideal volunteer is a former math educator, math major, or even a math aficionado who enjoys problem solving and working with students. Assistance may include sitting with a student one-on-one talking through a homework assignment, or reviewing essential concepts for an upcoming assessment. If you would like to volunteer your time, or want to know more, please contact Patrick Morrissey, the Math Program Administrator, by calling 781-275-1700 x . 5300 or emailing [patrick\\_morrissey@bedford.k12.ma.us](mailto:patrick_morrissey@bedford.k12.ma.us). Thank you for your interest in becoming a Bedford Math Center volunteer.

### Caregiver Support Group

Are you taking care of someone with memory changes? If you are interested in being part of an informal group that shares similar experiences please let the COA know. We will find a mutually agreeable time to get acquainted and support each other.



### Does Your Present Estate Plan Meet Your Needs and Desires?

When did you last have your estate plan reviewed by a professional? What estate documents do you have? What are your major concerns? Disability? Death? Probate? Estate taxes? Nursing home? Children? Your legacy?

Are you worried about outliving your money? Are the fiduciaries on your estate documents still the right people for the job? Have the laws changed since you last reviewed your estate plan? Has your net worth changed? Have your family dynamics changed? Your health? Your spouse's health? Has your children's family dynamics changed? Their financial situation?

**These are some of the questions that Dale Tamburro hopes you will be prepared to answer at his next seminar on Wednesday, March 16 at 12:30PM. Individual appointments also available before this presentation.**

**Please call to sign up!**



### Fire Safety Breakfast

Join Fire and Life Safety Educator Nick Anderson on **Thursday, March 24 at 9:00 AM** for a special breakfast and information on fire safety in the home! Please call (781) 275-6825 to sign up.



### Bedford Council on Aging Services

In addition to the many educational and recreational programs offered, we offer a variety of services to older adults and their caregivers including:

- ♦ Senior service evaluation and coordination
- ♦ Senior-related crisis intervention
- ♦ Assistance in choosing housing, including assisted living and nursing facilities
- ♦ Transportation to medical appointments
- ♦ Help in obtaining public benefits
- ♦ Health benefits counseling
- ♦ Job placement through the Town and in the private sector
- ♦ Home Safety evaluations to identify potential fire, crime, falling, and other hazards
- ♦ Legal counseling by an attorney
- ♦ Tax preparation by AARP/IRS volunteers

Elder Services Coordinator, Wendy Aronson is available for consultation either in-person by appointment or by phone at (781) 275-6825. If you are a family member or caregiver of a senior, Wendy can help you access the information and resources that best suit your needs. Please do not hesitate to call!

### Computer Club

Meetings will continue on the 1st Wednesday of each month through the year. Please join us! A round table discussion will be held on **Wednesday March 2 at 10:00 AM.**

### Computer Drop-In

Our friendly Computer Club volunteers will be here on Tuesday and Thursday afternoons for drop-in assistance at 2PM to help those with questions about any aspect of computer use. *These folks also offer help with cellphones, tablets, and even your camera!*

### Get Answers by Email!

Todd Crowley answers computer questions of Bedford residents by email! Simply send your questions to [AskToddC@yahoo.com](mailto:AskToddC@yahoo.com)

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## PEN & INK REVISITED

Beginning March 17

Come join Susan Funk as we go back to the "basics" of Pen & Ink drawings! The class will discuss the variety of textures that can be created as well as practice these techniques. Please feel free to bring subject matter you would like to attempt with pen & ink. Each class will build on the previous class' information, so that by our last class you will feel comfortable with this medium! *Supplies needed:* #2 pencils, erasers, paper/sketchbook, your choice of - 1: Bottle of india ink & crow quill nib & handle 2: Rapidograph (technical ruling pen that utilizes ink cartridges) 3: Micron Markers (markers that come with different nib sizes, colors, permanent ink that has no scent & does not bleed like a Sharpie marker).



*If you are unsure of which choice of ink, Susan suggests #3 - less messy, less expensive & easily available.*

Please sign up quickly as space is limited!  
6 week course, \$45 per person

## The History of Native Americans in Bedford Wednesday, March 30 at 12:45 PM

Who were the First Peoples who camped here beside the Concord and the Shawsheen Rivers? When we think of the first inhabitants of Bedford, we think of the colonial English settlers, but of course, that is wrong. Town Historian Sharon McDonald's current project is studying the history of Native Americans in Bedford. Evidence shows they were here 9,000 years ago! Come and hear her report on what she has learned so far.



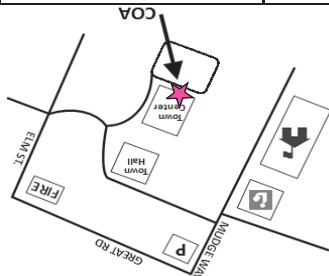
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To arrange for pick up or drop off contact:  
coa@bedfordma.gov, subject line Art Show

**Important note about trips and events:**  
**You do NOT need to be a member of the FBCOA or a Bedford resident to attend a trip or event at the COA. Please join us!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:15 Floor Yoga 11:45 Lunch 1:00 Poker 3:00 Handicrafts 6:30 Sit 'n Stitch 7:00 Folk & Line Dance	9:00 Fix It Shop 9:30 Exercise 10:00 Dog Bones 11:00 Duplicate Bridge OsteoFitness Tap Dance 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold 7:30 Single Again	9:00 Exercise 9:00 Fix It Shop 10:30 SongFest 11:00 Mah Jongg Dog Bones 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 11:00 Dog Bones 1:00 Current Events Tai Chi! 2:00 Computer Drop-In	9:00 Exercise 10:00 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 1:00 Scrabble Line Dancing	11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie <b>*PLUS MUCH MORE EVERY DAY! See Inside for details!*</b>



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